

KAROL A. GUTOWSKI, MD, FACS

AESTHETIC SURGERY
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Instructions After Botox, Dysport, and Xeomin Treatment

In general, you may resume regular activity after your injection. However, please keep these suggestions in mind for better results.

- Avoid manipulating the area for 4 hours.
- You may have minor bruising or swelling at the injection sites.
- You may apply cover makeup as needed.
- It may take 3 to 10 days after injection to see the results.
- The results may last 2 to 4 months but the average is 3 months, so some people may have longer lasting results, and some may have shorter acting results.
- If you are getting less than 3 months of results, ask Dr Gutowski about trying Zytaze (a zinc and phytase supplement) which has been shown to increase the duration of results in 90% of patients who have results lasting less than 3 months. It needs to be taken BEFORE your treatment and can be ordered here: <http://www.ocusoft.com/zytaze-10pack>
- Since it is more cost effective for you to start with a lower dose of Botox, Dysport, or Xeomin and use more if needed, a touch-up may be necessary in 2 weeks. Please call if you don't have significant improvement after 2 weeks of treatment.
- While it is commonly recommend that you avoid exercise, alcohol, or other activities after injection, there is no valid medical or scientific reason for this. If you have any questions, please ask Dr Gutowski.